What is the difference between Occupational Therapy and Physical Therapy?

**Occupational Therapy**
- Deal with psychological and social factors, as well as physical factors
- Often patients have had a severe trauma (head or disabling body)
- Set rehab goals with patients
- Work with vision, memory and reasoning skills
- Construct adaptive equipment to help patients compensate for disability
- Work with patients with a mental illness
What is the difference between Occupational Therapy and Physical Therapy?

**Physical Therapists**
- Deal with patients who have an injury, pain or are recovering from a recent surgery
- Use massage, hot/cold packs and traction
- Use ultrasound and other devices to stimulate healing
- Work on improving strength, flexibility and mobility in patients
- Sometimes help patients adjust to prosthetics
What major should I pick at SCCC to prepare for a higher degree that will lead to a career in these areas?

- Typically students who are interested in OT or PT achieve an Associates of Science Transfer degree, but 4 year colleges readily accept students from other disciplines.

- However, students will eventually need to take Science and Math courses to achieve a degree that leads to a career in OT or PT!
What classes will help prepare me for a Career in OT or PT?

- Anatomy & Physiology 241, 242 & 297
- Physical Education (any): It is important to understand the various physical requirements for physical activities
- Biology, Chemistry and Math are all prerequisites for a degree in PT or OT
- Psychology
What 4 year Colleges offer programs that will lead to a career in OT or PT?

- University of Washington
  - Bachelor’s in ? (Science? Liberal Arts?)
  - Occupational Therapy (MS, MOT)
  - Physical Therapy (DPT)
- University of Puget Sound
  - Physical Therapy (DPT)
  - Occupational Therapy (MS, DOT)
What 4 year Schools offer a BA in Exercise Science?

- Bastyr University
- Seattle Pacific University
- University of Puget Sound
- Pacific Lutheran University
- Whitworth College
- Eastern State University
- Washington State University
- Gonzaga University
- Western Washington University
What is the average income of an OT and a PT?

- Occupational Therapists make between $54,000 to $71,000 annually in the Seattle area depending on years of experience.

- Physical Therapists make between $61,000 to $78,000 annually depending on years of experience.
What could I do while I am achieving my Higher degree to gain experience and earn money?

- Many students work at PT or OT offices and clinics to gain experience and earn a wage.
- Many clinics hire students that are working towards their degrees to assist with OT and PT patient care.
- Most OT and PT assistants make between $15 and $24 dollars an hour depending on experience and level of education.
How can I research other Careers in Healthcare or Science?

- Come to the Career Services Center in Room 1102E.
- We have a great Website (WOIS) that is available for students to use to research Careers and Majors in Science and Healthcare (as well as any other).
- WOIS has a variety of assessments that examine your interests, skills and abilities, work values and personality. Taking assessments can help you make informed choices about your education and career path.
What other Science Degrees and Certificates does SCCC offer?

- Associates of Science (AAS-T: Option A or B)
- Biotechnology (AAS-T)
- Surgical Technology (Cert)
- Respiratory Care (AAS)
- Nursing R.N. (AAS-T)
- Dental Hygiene (AAS-T)
- Opticianry (AAS)